



The Park Bench

December 2014

Seniors in the Park Newsletter

A MAGICAL HOLIDAY LUNCHEON

Wednesday, December 10

Ring in the holiday season with friends at our annual holiday luncheon. Once again, a tasty lunch is being catered by Capn's from Fort Atkinson. Doors will open at 11:30 and lunch will be served at noon. You have a choice of Roast Turkey or Beef Tips in Gravy, Mashed Potatoes, Maple Glazed Carrots, Dinner Roll, Apple Crisp, Coffee, and Water.



Tickets are available for purchase at the Starin Park Community Building for \$12.00. No reservations will be accepted. If you need a ride to the center, please inform the staff when you purchase your ticket. **Deadline for purchasing tickets is Tuesday, December 2**

After lunch, you will laugh and be entertained by Magician Tim Glander, who has been placing smiles on the faces and in the hearts of people for 20 years. He has honed his art into a delightful and positive experience that always captivates his audience. Using storytelling, humor, and just good fun, Tim will put you in a jolly holiday spirit. His magic has been enjoyed by various personalities, such as Steve Allen, Bill Wrigley, Monica Mancini, Bill Kurtis, Donald Driver, and Doc Severinsen.



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Seniors in the Park Promotes & Enhances a Vital Aging Community

PINOCHLE

December 2, 1:00 pm

Are you interested in playing Pinochle here at the center? If so, please call and sign up. The group will meet on the first Tuesday of the month at 1:00.



COMPUTER TUTOR

Bring your own laptop or tablet, and get tutoring on Internet, E-mail, Word, Excel, Pictures, or general topics. Please tell us what you want assistance with, when registering for your session.

Instructor: Lyle Hunter

Dates: December 1, 2, 3, 8, 9 & 10

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 3 days in advance

MUSIC MAKERS WANTED



Do you love making music? Are you interested in singing with a group? Do you play the piano? We are looking for joyful singers to start a vocal group. Please call if you are interested. 262-473-0535

**Welcoming Seniors,
Boomers and Adults
of all ages to our
programs and trips.**

WINTER HIKE

Thursday, December 11, 1:00 pm

Come explore the winter wonderland of the UW-Whitewater Prairie and Woods on foot or on snowshoe. What animals are staying active in our Wisconsin Winter? Who made those tracks? Who is living in that winter home? Let's get outside and explore! Meet at the shelter across from UW Prairie on Schwager Drive. Hike led by Liesl Schultz Hying, outdoor enthusiast.

Register by Monday, December 9

HOLIDAY PARADE

Friday, December 5 5:30—7:00 pm

Walk along with our van and the Parks and Recreation float and hand out treats, or ride on the van and wave to the crowd. Anyone interested in a walking group? There is an indoor area at the streets department to decorate the van. The candy cane marchers will meet at 4:45 to practice. **Help is still needed!**



WATERCOLOR: HOLIDAY FLORALS

The subject matter in this three-week watercolor class will include poinsettias and/or amaryllis.

There will be a focus on using different watercolor papers (Arches 140 lb. cold press, hot press, and rough). Each session will include

discussion on composition, color mixing, and paint application techniques. Beginning,

intermediate, and advanced concepts will be covered. There will be plenty of time for individual painting with optional one-on-one coaching. Attendees are always encouraged to paint from personal references, sketches, photos, or ideas.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

Dates/Times: Thursdays, December 4, 11 & 18; 1:00 – 4:00 pm

Cost: \$30 payable to the instructor by cash or check.

Deadline: Monday, December 1

Minimum – 6 people. If the minimum number is met, walk-ins are welcome at \$15.00 per person per session. Walk-ins please check to make sure the class minimum has been met by calling 262-473-0535 or emailing karolynalexander@att.net.



**Checks for activities, classes and trips are made out to:
City of Whitewater, unless indicated otherwise.**

DECORATE THE COMMUNITY BUILDING

Wednesday, December 3; 2:00 pm.

'Tis the season of beauty and peace. Help bring the jolly holidays to the Community Building. Put up the tree and decorate it. Help hang and put out other decorations with staff. You never know when treats might be involved.



AN ISLAND GET-AWAY FOR VALENTINE'S DAY

Friday, February 13

Doors open at 11:30, Lunch at Noon

Come in out of the cold and enjoy the warmth of the tropics for a day. Bahama Bob will instantly transport you to the Islands. Often referred to as the "happiest music on earth", Bahama Bob performs Caribbean/Island music on a traditional 'hand made' steel drum from Trinidad. Wear your tropical best (we'll turn up the thermostat) and get away for the day! Begin your day away with lunch consisting of either Hawaiian Chicken Kabobs or Baked Ham with Pineapple and Mango, Sweet Potato Mash, Hawaiian Cole Slaw, Dinner Roll, and Hawaiian Cake Dessert from Capn's Catering. If you need a ride, let us know when you purchase your ticket. Bring your honey, a friend, or yourself and bask in the warmth of a tropical get-away. Tickets will go on sale January 8.

Tickets: \$12.00 per person

Deadline: February 3



NUTS IN A NUTSHELL

Wednesday, February 4, 1:00 pm

Nuts are an easy way to add flavor and nutrition to any meal or snack. They are packed with important vitamins, minerals, and plant compounds that may help reduce the risk for chronic disease. Research shows that adding nuts can be a very beneficial nutritional practice. Which nuts should you eat daily?

Don't know the difference between a macadamia or pistachio? Pecan or walnut? We'll discuss the basics of the nut family, along with samples and suggestions for adding nuts to your diet.

Presenter: Jenny Wehmeier, UW-Ext.

Fee: \$2.00

Deadline: Wednesday, January 28



BOOK WORMS

Monday, December 1, 10:30 am

The Book Club will discuss *Guernsey Literary and Potato Peel Society* by Mary Ann Shaffer. The book for January is *The Kitchen House* by Kathleen Grissom.

When a white servant girl violates the order of plantation society, she unleashes a tragedy that exposes the worst and best in the people she has come to call her family. Orphaned while onboard ship from Ireland, seven-year-old Lavinia arrives on the steps of a tobacco plantation where she is to live and work with the slaves of the kitchen house. Under the care of Belle, the master's illegitimate daughter, Lavinia becomes deeply bonded to her adopted family, though she is set apart from them by her white skin.

Eventually, Lavinia is accepted into the world of the big house, where the master is absent and the mistress battles opium addiction. Lavinia finds herself perilously straddling two very different worlds. When she is forced to make a choice, loyalties are brought into question, dangerous truths are laid bare, and lives are put at risk.



Shop local and support those who support us and the community.

LINE DANCE

Downtown Armory

Wednesdays, 2:00-3:00 pm

Kick up your heels and have fun with Line Dance Instructor Nancy Wrench. She loves teaching all levels of students and making dancing fun for them.

Session 1

Class #: 5305.11

Dates: Jan. 14-Feb 18

Fee: \$24.00 residents;
\$30.00 non-residents

Deadline: Thurs., Jan 8

Session 2

Class #: 5305.12

Dates: March 4-April 15
(no class Mar. 25)

Fee: \$24.00 residents;
\$30.00 non-residents

Deadline: Thurs., Feb.26

WALK AWAY THE POUNDS—INDOORS

Wednesdays and Fridays, 9:30 am

Low impact, easy to follow INDOOR walking class. Walk anywhere from 1-4 miles indoors and firm up your mid-section with a walking DVD. This class is safe for all ages and fitness levels.
NO CLASS: Wed. Dec 10, Fri. Dec 26

CORE AND MORE

Mondays & Thursdays, 8:45 am

This half-hour class will help you to perform daily activities safely and with ease. Balance and core exercises are done standing and on the floor. Once on the floor, we stay there until the end of class. Modifications for all levels of ability will be demonstrated. Please bring an exercise mat.

NO CLASS Thurs. Dec. 11 .

Thursday, December 18 is the last class for the year. Class resumes in January.

DANCE EVOLUTION FOR ADULTS

Fridays, February 6—March 13 10:30 am

Armory Dance Studio

This six-week class will evolve slowly and thoughtfully through various exercises designed for the adult body. This class will also utilize improvisational focus for adults geared towards physical and mental self discovery. Both standing and chair exercises will be incorporated and instructed work will be given to those who have special considerations. Wear comfortable, stable athletic shoes and comfortable, loose clothing. For ages 40+.

Instructor: Hailey Schultz, UWW Dance

Deadline: Thursday, January 29

Class #: 5206.11

Fee: \$16.00 residents, \$20.00 non-residents

Minimum: 4

MOVIES: SPONSORED BY MULBERRY GLEN



"The Hundred-Foot Journey"

Tuesday, December 9, 12:30 pm

Rated PG, 2 hr. 2 min.

A determined émigré from India sets out to open an Indian restaurant in a small town in France---across the street from a Michelin-starred establishment. Starring Om Puri and Helen Mirren.

"Love Actually"

Tuesday, December 23, 12:30 pm

Rated R, 2 hr. 15 min.

Back by Popular Request, it's Seniors in the Park's favorite Yuletide story, featuring just about every popular British film star, including Hugh Grant, Liam Neeson, Bill Nighy, and Emma Thompson, falling in and out of love at Christmas-time, in a tale that takes place from London to Milwaukee!



"Maleficent"

Tuesday, December 30, 12:30 pm

Rated PG, 1 hr. 38 min.



Driven by revenge after being betrayed by a human nobleman, the woman who rules over the forests puts a curse on the man's daughter. Angelina Jolie plays the title villain in Disney's alternate take on the "Sleeping Beauty" tale.

All Seniors in the Park activities are held at the Starin Park Community Building, 504 W. Starin Rd, unless stated otherwise.

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Trips are open to adults of ALL AGES. For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to dweberpal@whitewater-wi.gov, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.

JEWELS OF MOROCCO

March 19-29, 2015 (Spring Break 2015)

In Marrakesh, step back in time as you wander through the Jemaa-el-Fna, an exotic bazaar, offering some of the greatest open-air entertainment. Listen to storytellers (an integral part of the culture) and browse for handicrafts. In Fez, take an optional tour to see the ancient medina. Founded in the 9th century, it is one of the largest medieval cities in the world. Stroll through its souks and alleys, which are virtually unchanged since the Middle Ages. Taste authentic Moroccan cuisine and take in the sights and sounds of this fascinating city. Also visit Casablanca, Meknes, Ouarzazate, Ifrane, Erfoud, and Rabat, Morocco's vibrant capital. Admire changing scenery on the Road of a Thousand Casbahs, as the Middle Atlas Mountain range transforms to desert approaching the Erfoud oasis—a once-in-a-lifetime vacation.



Per person price based on double occupancy: \$2,700.00 For single and triple rates, please contact Deb Weberpal. Price includes: Air from ORD, land tour, sightseeing, hotels and meals as specified in the itinerary, and the services of a professional tour director. (Air is estimated and is subject to change). Travel Protection Plus is available for an additional \$169.00 per person. Deposit Due: \$550 per person. \$719.00 with Travel Protection. Please make checks payable to Cosmos. **Final payment due January 6.**

IMPERIAL CITIES: PRAGUE, BUDAPEST AND VIENNA

October 5-15, 2015

Explore three of the most beautiful cities in the world. In Prague, tour Hradcany Castle, and visit the statue-lined Charles Bridge. Enjoy a traditional evening of Czech food and dancing. There will be time to explore on your own or take an optional excursion to the Old Jewish Quarter. In Vienna, visit magnificent Schoenbrunn Palace and St. Stephen's Cathedral. Cruise on the Danube River and visit the 11th Century Melk Abbey. Visit Bratislava and then travel on to Budapest, where you will discover Matthias Church, the Fisherman's Bastion, historic Old Buda, and Gellert Hill. There is an optional excursion to the Hungarian Plain to visit Csikos, Hungarian equestrians. Also visit the baroque town of Szentendre. Enjoy a 14th century castle and a Renaissance-style dinner.

Fee: \$3499 pp Dble (thru 4/6/2015); Single supplement of \$750.00

Cancellation waiver insurance available for \$260 per person. Includes round trip air from O'Hare, Air Taxes and Fees/Surcharges (Rates subject to change until paid in full), hotel transfers, tour guide, and all venues per the itinerary.

TRIP PREVIEW

Wed. January 21

1:00 pm

RSVP by January 15

Register for trips and classes online at home: schedulesplus.com/wwtr

CAPE COD & THE ISLANDS

September 6-12, 2015

Enjoy Cape Cod and the Islands with a one hotel stay at the Doubletree Hotel Hyannis. Highlights of the trip include: Hyannisport, Kennedy Memorial and St. Francis Church, Plimoth Plantation, the Mayflower II, Plymouth Rock, the charming village of Sandwich, Heritage Plantation, and a Nantucket Island Tour. The Boston City Tour includes: Boston Commons, Old State House, Old North Church, Old South Meeting House, Beacon Hill, Old Ironsides, Faneuil Hall, and Quincy Market. The Martha's Vineyard tour includes: a scenic ferry ride, Victorian cottages of Oak Bluff, Edgartown, Aquinnah Lighthouse, and Gay Head. In Newport, RI visit: Touro Synagogue, the International Tennis Hall of Fame, the estates along Bellevue Avenue, a guided tour of the Breakers Mansion, follow the "Ten Mile Drive" and explore Newport's galleries and quaint shops. Enjoy a traditional New England Lobster Dinner.

\$1945 per person double; \$600 single supplement. A deposit of \$300 is due with your reservation. Optional Cancellation Waiver fee is \$195 per person.

Premier World Discovery



FLAVORS OF THE SOUTH

March 21-28, 2015 (New dates)



Enjoy the beautiful south, including **New Orleans, Memphis, and the Louisiana Creole Nature Trail**. Highlights of the tour include two nights in New Orleans, dinner in the French Quarter, National WWII Museum, the New Orleans School of Cooking with dinner, and two nights in beautiful Lake Charles on the Creole Nature Trail. Visit the Mardi Gras Museum, decorate a King Cake, and see the Diamond Dancers; savor the regional cuisine at LeBleu's Landing; be fascinated with a guided tour on the Creole Nature Trail through Louisiana's coastal wetlands. Visit the Duck Commander Warehouse and Store for TV's Duck Dynasty. Enjoy a musical tour of Memphis, where you spend 2 nights. Visit Graceland, tour the Gibson Guitar Factory, and enjoy dinner and entertainment at the famous Alfred's on Beale. Cost of the trip is \$1339 per person double, add \$519 for a single room. Deposit \$150. Cancellation insurance is available for \$60. This is a Mayflower Value Tour, and includes home pick up in

Walworth Co. or at Starin Park. **Seats still available!! Final payment due February 3.**

THANK YOU STUDENTS

We have had several students helping out this semester. Thanks to Theresa Vierck and Carolyn Nash for technology assistance. Theresa taught all of the Facebook and other classes. Carolyn has been helping with i-pad and Mac technology questions. Cody Hallcox and Jake Taylor have been updating the SchedulesPlus program and entering information. Delta Zeta will help at our Holiday Dinner and dance instructor Hailey Schultz will be teaching a dance class in February. Students are a great asset to us and the community.



DON'T LET FINANCES KEEP YOU FROM PARTICIPATING

Scholarships are available for those who cannot afford the required fees for Seniors in the Park programs. Talk to Deb, if you are interested in applying for scholarship funds.

Van Trips

LUNCH BUNCH

Thursday, December 11, 10:30 am



Lunch will be at the Ray's Diner in Edgerton with a stop at the Cheese and Wine Chalet in Newville after.

RSVP by Tuesday, December 9

JANESVILLE SHOPPING

Wed., December 3, 9:00 am

Get picked up at your home and shop in Janesville. Participants decide where to shop. Bring a new friend and your ride is free.

Fee: \$5.00

RSVP by Tuesday, December 2

YOUR TRAVEL CAN BENEFIT SENIORS IN THE PARK

Seniors in the Park partners with Collette Vacations and Mayflower Tours. If you book a trip on your own with either company, please mention you are with Seniors in the Park. You may get a small discount, and we get credit toward our fundraising account. A great win-win for all!

Can't make an activity because of when it is scheduled. Let us know you are interested, and some classes can be rescheduled if there is enough interest.

MEN'S BREAKFAST GROUP

Tuesday, December 9, 8:30 am

Travel to Lake Geneva to Egg Harbor for breakfast. Their diverse menu will have your mouth watering. After breakfast, you can wander the downtown shops or head to Midwest Action Cycle.

Depart: 8:30 am; Return (approx) 11:30 am

Fee: \$5.00

Deadline: Friday, December 5



NAME THE BREAKFAST GROUP AND WIN!

Submit creative names for our men's breakfast group and get a free breakfast on us. Please submit names by December 11. You can email dweberpal@whitewater-wi.gov, call 262-473-0535, mail to Seniors in the Park, PO Box 178 Whitewater, WI 53190 or stop by the Starin Park Community Building. Remember to include your name and contact information so we can notify you if you win.

SENIORS IN THE PARK RECEIVES STATE AWARD

The Park Riders motorcycle group received a Silver Star award from the Wisconsin Parks and Recreation Association in the Adult/Older Adult category. The award recognizes innovative programming in the state.



Participants in the Park Riders group include L-R Bruce Parker, Pat Channing, Roy Rockwell and Dick Jones.

Activity Calendar




9

December 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
1 8:45 Core & More 9:30 Computer Tutor 9:30 FUNctional Fit 10:30 Book Club 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Canasta 1:00 Mah Jongg	2 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Pinochle 1:00 Sheepshead 9—4 Card Sale	3 9:00 Bowling (HB) 9:00 Janesville Shop 9:30 Computer Tutor 9:30 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 2:00 Line Dance (A) 2:00 Decorate the Community Bldg 9—4 Card Sale	4 8:45 Core & More 9:30 FUNctional Fit 1:00 Ladies Poker 1:00 Watercolor 1:30 Decorate the Van 9—4 Card Sale	5 9:30 Indoor Walking 12:30 Pickleball (A) 5:30 Van leaves for Parade 6:00 Holiday Lighted Parade
8 8:45 Core & More 9:30 Computer Tutor 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Mah Jongg	9 8:30 Men's Breakfast departs 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "The 100 Foot Journey" 1:00 Sheepshead	10 9:00 Bowling (HB) 9:30 Computer Tutor 11:00 Tai Chi (A) 11:30 Doors Open for Holiday Lunch 12:30 Pickleball (A) 1:00 Chess	11 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor 1:00 Winter Hike	12 9:30 Indoor Walking 12:30 Pickleball (A)
15 8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Canasta 1:00 Mah Jongg	16 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Scrabble 1:00 Sheepshead	17 9:00 Bowling (HB) 9:30 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess	18 8:45 Core & More 9:30 FUNctional Fit 10:00 Coffee with Care-Partners 1:00 Ladies Poker 1:00 Watercolor	19 9:30 Indoor Walking 12:30 Pickleball (A)
22 8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Mah Jongg	23 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 City Bingo 12:30 Mulberry Glen Movie: "Love Actually" 1:00 Sheepshead	24 CLOSED Christmas Eve 	25 CLOSED Merry Christmas 	26 CLOSED Happy Holidays NO Pickleball
29 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Canasta 1:00 Mah Jongg	30 9:00 Pickleball (A) 12:30 Mulberry Glen Movie: "Maleficent" 1:00 Sheepshead	31 Happy New Year's Eve 9:30 Indoor Walking 12:30 Pickleball (A) 1:00 Chess	1 Happy New Year 	Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (HB)=Hawk Bowl (L)=Cravath Lakefront

Walworth County Nutrition Menu

December 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Burgundy Tips/Noodles Sliced Beets Wis. Blend Veggies Diced Fruit Mix Dinner Roll	2 Chili Carrots Peaches Jell-O Corn Bread	3 Dark Baked Chicken Red Potatoes Mediterranean Blend Brownie Dinner Roll	4 Western Meatloaf Au Gratin Potatoes Broccoli Sugar Cookie Dinner Roll	5 Rosemary Pork Loin Sweet Potatoes Peas Pears Wheat Bread
8 Chicken Breast Sweet Potatoes Mixed Vegetables Carrot Bar Wheat Bread	9 Baked Breaded Fish Cheesy Potatoes Sliced beets Pineapple Tidbits Wheat Bread	10 Chicken Cacciatore Penne Pasta Winter Blend Veggies Carrots; Bread Stick Mandarin Oranges	11 Corn Chowder Tossed Salad 1/2 Turkey Sandwich Lemon Poppy Seed Cake	12 Sliced Roast Beef Mashed Potatoes Garden Blend Vegetables Apricots Wheat Bread
15 Chicken/Rice Soup Mediterranean Blend Applesauce with Peaches Tossed Salad Dinner Roll	16 Hot Shaved Turkey Mashed Potatoes Broccoli w/Red Pep. Apple Cake Wheat Bread	17 Chicken Ala King Baking Powder Biscuit Carrots Peas Chocolate Chip Cookie	18 HOLIDAY DINNER Ham with Cherry Glaze Sweet Potatoes Calif. Mix Vegetables Pumpkin Pie Dinner Roll	19 Sloppy Joes Hamburger Bun Green Bean Casserole Squash Apricots w/Diced Peaches
22 Italian Pasta Bake Squash Green Beans Mandarin Oranges Wheat Bread	23 Spin./Cheese/Bac.Quiche Calif. Mixed Veggies Tossed Salad Peaches with Granola Dinner Roll	24 Christmas Eve Dining Centers Closed. 	25 Christmas Day Dining Centers Closed. 	26 Hot Sliced Pork Sandwich Hamburger Bun Baked Beans Cauliflower Snickerdoodle Cookie
29 Chopped Steak Au Gratin Potatoes Red Cabbage Mandarin Oranges Wheat Bread	30 Cheesy Pot/Bacon Soup Green Beans Carrots Pumpkin Bar Dinner Roll	31 New Year's Eve Dining Centers Closed. 	Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. To reserve a meal, call 473-0536, 9:30 to noon or 1-800-365-1587, ext 3333. by noon the day prior. Call the 800 number to cancel meals day of by 8:00 am. For more information about the Nutrition Program – contact the Nutrition Program office at the phone number listed above.	

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The Nasco
Catalog Outlet Stores

Senior Citizen Day

The 1st Wednesday of every month is now designated Senior Citizen Day at the Nasco Catalog Outlet and Arts & Crafts Stores!

AS A SENIOR CITIZEN, YOU ARE ELIGIBLE FOR A 15%* STORE DISCOUNT

**901 Janesville Ave. • Fort Atkinson
920-568-5600**

SERVICES AT A GLANCE

Foot Clinic: Tuesday, Dec. 2,
by Appointments only.
Please bring a towel. \$15.00.

Other Services:

- Free computer/internet access
- A document shredder is available (1-inch stack of documents or less to shred)
- There are books, magazines, and puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.

HAPPY DECEMBER BIRTHDAYS TO:

- 3 Clara Bastian**
6 Sue Chapman
8 Janet Nell
23 Bruce Parker



If you want to be on our birthday list, let Deb or Susan know your birth month and day and correct spelling of your name, and you can be in the newsletter, too!

GREETING CARDS



We have a great selection of Christmas, everyday, special event, and holiday cards. Most cards are priced from 65 cents to \$1.50. Stop in and check out our selection.

BINGO

Tuesdays, 10:00 am

Dec. 2: Culver's

Dec. 9: Mulberry Glen

Dec. 23 City Bingo



BINGO SPONSORS

Culver's, Mulberry Glen and City Bingo Cover All: Our House

CITY BINGO SPONSORS:

Topper's Pizza * Rick's * Bergey Jewelry * Headquarters Salon
Floral Villa * Beijing Buffet * Jimmy Johns * Dale's Bootery * Subway
Pizza Hut * First Citizens State Bank * Fort HealthCare* Commercial Bank
Rosa's Pizza * Jessica's Restaurant * Taco Bell * Dalee Water Cond.
Mirage Hair Studio* Dental Perfections* Ketterhagen Ford * Fairhaven
Binning & Dickens Insurance * Rocky Rococo Pizza * McDonald's
Fort Comm. Credit Union * Eastsider/Westsider * Walworth Co. Nutrition
Jersey Mike's Sub * Yogurt Shoppe * Taco Fresco * Tincher Realty

CARD SALE

We have accumulated LOTS of donated cards that we no longer have space for so we will be having a card sale!! Stop in Tuesday through Thursday December 2 – 4 and find some inexpensive cards. We have Christmas and most occasions. Cards will be 25 cents each (or less). Check them out and we appreciate your donation to Seniors in the Park.



ACTIVITIES AT A GLANCE

Bid Euchre—Mondays 1:00 pm

Bingo—First, Second, and Fourth Tuesdays at 10:00 am

Book Club—First Monday 10:30; Books available at Starin Park

Canasta—First, third, and fifth Mondays 1:00 pm

Chess—Wednesdays, 1:00 pm; Beginners welcome

Core and More—Mondays and Thursdays . Fees on page 4

Dominoes—First Tuesday 11:45 am

'FUN'ctional Fitness—Mon & Thurs. 9:30 am; Residents: \$1.00 per class

Ladies Poker—First and third Thursday 1:00 pm

Mah Jongg—Mondays, 1:00 pm

Potluck—First Tuesday 11:15 am

Pickleball—Monday, Wednesday, and Friday 12:30-2:30 and Tuesday 9:00-11:00 at the Downtown Armory

Scrabble—Third Tuesday, 10:00 am

Sheepshead—Tuesdays, 1:00 pm

Walk Away the Pounds—Indoor walking, Wednesday & Friday, 9:30 am

VOLUNTEER SPOTLIGHT

Barb Koch has been volunteering with Seniors in the Park for 2 years as a caller for our Bingo group. Barb also helps with holiday activities. Barb enjoys volunteering at Seniors in the Park because she meets new people and you get to know them on a friendly basis. She enjoys seeing everyone for bingo.

Barb was born in Albert Lea Minnesota and has lived in Whitewater since 1987. She also volunteers at St. Patrick's church in Whitewater, and helps at Blackhawk apartments with pancake breakfast, bingo, euchre, and birthdays. Barb is married to Dave and they have 6 children and 12 grandchildren with which she is very active. She also enjoys jigsaw puzzles in her spare time. Barb is retired from St. Patrick's church in Elkhorn, where she was a teacher for 18 years. Thanks so much for sharing your time with us!



Marion and Henry Malo for bringing Halloween treats to bowling

Mark Dorn for bringing treats to the Creature Double Feature.

WISCONSIN LAUNCHES SILVER ALERT PROGRAM

If your family member with dementia becomes lost, the first thing you need to do is contact your local law enforcement agency. They will determine if issuing a Silver Alert will be beneficial and if your situation meets the necessary requirements. The Alzheimer's and Dementia Alliance of Wisconsin encourages families to keep a recent picture of their loved one in case they wander away. Also, keep track of what clothing the person is wearing and anything else that could be helpful in locating and identifying your family member, if they become lost.

Anyone can receive Silver Alerts at no cost by registering at www.wisconsincrimealert.gov. Silver Alerts will be issued when the following criteria are met:

- * The missing person is 60 years of age or older and the request is made within 72 hours of the disappearance.
- * The missing person is believed to have Alzheimer's, dementia or another permanent cognitive impairment that poses a threat to the individual's health and safety and disappearance is due to this.
- * There is sufficient info available to disseminate to the public that could assist in locating the missing person.

PARKS & RECREATION

Visit wwparks.org for the Fall/Winter brochure.



Holiday Parade: Friday, December 5, 5:30 —7:00 pm

- * We need people to walk with the van and **hand out treats**.
- * Anyone interested in a **"marching unit"** to "perform" a short little synchronized candy cane routine? There will be a practice at 4:45.
- * **Decorate the van** Thursday, December 4, 1:30-3:00 pm (indoors). Call if you can help.

Receptionist: Wednesday or every other Tuesday morning. Training provided.

Accreditation: Work Groups are being formed to look at different areas of Accreditation, tweaking what is already in place, and will meet 2-3 times at your convenience. Work groups include:

- Purpose and Mission
- Advocacy and Partners
- Public Info/PR/Marketing
- Community Planning
- Programming

Park Bench TV: Are you in touch with the happenings in Whitewater? Do you read the papers? If so, you would be perfect to assist with finding interesting people or groups to interview on our TV show, The Park Bench. We do one interview a month.

FUNDS FOR FRIENDS

Thanks to everyone for getting Funds for Friends stickers on your Sentry receipts. Sentry is a great supporter of our community, giving away thousands of dollars through this program and other in-kind donations to the community. Please shop local and support those who support us.

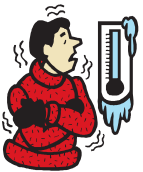


LIBRARY / GAME ROOM REDO

Do you borrow books from our "library"? If so, please let us know you like this service. We do have great, current books on-hand. If no one is using the library anymore we are looking at how the space can be used more efficiently for small groups. This may mean eliminating the books. Speak up and let Deb or Patti know your thoughts. Thanks!



THE CHILLY WILLIES



Wintertime brings fluctuating temperatures. The thermostats in the building are set at a reasonable temperature per City policy. Please bring a sweater or dress in layers so you are comfortable in our building.

BAD WEATHER CLOSINGS

In case of inclement weather, (Snow that four letter "S" word), program cancellations will be on Whitewater Cable Channel 98, digital 990, or radio stations WFAW 940 AM and WSJY 107.3 FM, or online on the Whitewater Banner.



CONVENIENCE, VARIETY, AND CONVERSATION

The meal site is a great way to eat a well balanced, nutritional meal. A variety of interesting and fun people attend the site. You will be surprised at the multitude of conversation topics. All you have to do is make a phone call by noon a day in advance to reserve your meal. The suggested donation of \$3.00 is anonymous, so a donation of any amount, or nothing, is acceptable. Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday—Friday. **The Nutrition Program will be at Brookdale on Mondays, Wednesdays and Fridays.** Meals must be reserved by noon a day in advance (call Friday for a Monday meal). Tuesday and Thursday, call 262-473-0536 or Monday, Wednesday Friday call 262-903-0436 or call Walworth County at 1-800-365-1587, ext. 3333 and leave your name, phone, and the meal site you would like to attend. **Cancellations must be called in no later than 8:00 am the day of your reservation or the night before.** Please call the Nutrition office at **262-741-3333** and leave your message.



[Walworth County Nutrition](#)

MEAL SITE CLOSING INFORMATION

Meal site closings will be posted on television: Chl 4 (NBC Milw), Chl. 6 (Fox Milw.), Chl 12 (ABC Milw.) and on Radio stations: WTMJ 620 AM, WOKY 920 AM, WFAW 940 AM, WISN 1130 AM, WSLD 104.5 FM, WSJY 107.3 and WKTI 94.5 FM

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COORDINATOR'S COMMENTS



The definition of Ageism is 1) "Discrimination against persons of a certain age." 2) "A tendency to regard older persons as debilitated, unworthy of attention, or unsuitable for employment." Ageism is one of the last "isms" that society needs to tackle. "Aging is a biological process wherein an organism moves from a simple state to a higher and more complex state." What a wonderful concept that most people don't embrace. Aging should be viewed as a PROCESS not a problem or an illness.

Aging in our language and culture, is equated with deterioration and impairment. When it comes to attitudes about aging most of what we read, see and hear is rooted in myths fueled by fear. In our action-packed, productivity-driven society, we view the losses and diminishments accompanying aging as something to be avoided at all costs, losing sight of the fact that there are riches and gains, as well.

Making people more aware of ageist attitudes and comments is one of the first steps in conquering this last 'ism'. When you hear an ageist remark such as:

- * "You shouldn't do that at your age" (what does age have to do with anything that we do?)
- * "I'm having a senior moment" (Any age can be forgetful. Did you know Senile actually means to grow old)
- * "My dad is 87 but he still drives" (An 87 year old can be a good driver, often better than a young person. Watch for the word "Still" in sentences. A comment shouldn't diminish your abilities.)
- * My favorite "You look good for your age". (Why can't you look good at any age??)

The best way to make a person aware of these types of comments is to ask genuinely, "What do you mean?" This allows you to point out the inappropriate comment without seeming "feisty" or "cranky" and, hopefully, the person becomes more aware that the comment was ageist. Another "comeback" is to return the exact "compliment". "You look good for your age, too." Awareness is the first step in overcoming ageism. Thanks for your help!

Advertiser of the Month

HEALTH BITS

Are you sneezing, have a stuffy or runny nose, coughing, sore throat, and maybe aches, headache and watery eyes? You probably have A COLD

- * Drink lots of water, broth and juice
- * Get lots of rest
- * Take medicine like Tylenol or ibuprofen
- * May help: Saline nasal spray, gargle with salt water or Listerine, wash your hands and cough into your elbow not your hands.

Are you feeling achy, hot, cold, stuffy or runny nose, sore throat and have a fever over 100, tired, nausea, vomiting or diarrhea? You probably have the FLU

- * STAY HOME!
- * Get lots of rest
- * Drink lots of water, broth and juice
- * Take medicine like Tylenol or ibuprofen
- * If in doubt, call your care provider

Call your doctor if:

Hard to breathe, your lips are blue, feel pressure or your chest hurts, if your fever stays high, or if you are not improving or getting worse.

REMEMBER: Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in the wastebasket immediately. Or cough into your upper sleeve, Not your hands!



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National Council on Aging
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SENIORS IN THE PARK



504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535
Fax 262-473-0537
Nutrition Site (T/TH) .. 262-473-0536
Nutrition Site (M/W/F) 262-903-0436
Hours....Mon-Thurs, 9:00 am-4:00 pm

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Director

Matt Amundson, CPRP

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Michelle Dujardin, CPRP

Sports Coordinator

Interim: Brooke Friess

Websites: schedulesplus.com/wwtr
www.whitewater-wi.gov
www.wwparks.org

NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to www.whitewater-wi.gov, click on Departments, then Seniors in the Park or www.whitewaterbanner.com and look for the link in the left column or www.seekandfind.com. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and other businesses in Whitewater.

Name _____

E-Mail _____

Address _____
